

**Southern Arizona VA Health Care System (SAVAHCS) Voluntary Service**  
**MAKING A DONATION**  
**“Putting Veterans First.”**

“To Care for him who shall have borne the battle...  
” Abraham Lincoln, March 4, 1865

Below is a sample of how you can help a veteran through your generous donation. For a complete list of donation needs and to assure the need still exists, please contact the Voluntary Service Program staff at 629-1822 **prior to making a donation.**

**MONETARY DONATIONS**

**ANNUAL PROGRAM NEEDS**

**PATIENT RECREATION ACTIVITIES (entertainment, refreshments, outings) - \$500.00**  
per month

**ART APPRECIATION CLASSES** – For Rehabilitation and Mental Health Patients - \$300.00  
per month

**SAVING SOLES** – New shoes for economically disadvantaged patients with severe peripheral vascular disease and/or partial amputation who do not qualify for VA Medicare shoes. = \$40.00 per patient.

**MUSIC THERAPY** – Rehabilitation Unit, Recovery Unit and Psychiatric Inpatient Unit-  
\$40.00 per hour (twice per week).

**VETERAN’S SPORTS COMPETITIONS AND EVENTS** – funds to send wheelchair bound veteran patients to national VA sports competitions = \$1,000.00 per veteran sent

**MOVE!** Program – Funds for pedometers (approx \$20.00 a piece) and *Calorie King*, Nutrition books (\$80.00 per 10 books).

**DAILY NEWSPAPER DELIVERY FOR PATIENTS** - \$30.00 per day

**SPECIAL PROJECT NEEDS**

**MASSAGE THERAPY** – Chair massage for PTSD patients. Helps release stress and develop a pattern of self care. = \$15.00 per patient (average six patients = \$60.00 per visit).

**YOGA CLASSES** – Yoga classes for PTSD patients. Helps reduce depression and improve sleep. Also increases self awareness and acceptance. = \$600.00 per month (annual \$7200.00)

**HOW TO MAKE A MONETARY DONATION**

Please contact the Voluntary Service Office Staff to discuss your donation. SAVAHCS can accept monetary donations in the form of a check, money order or cash. Checks and money orders should be made out to SAVAHCS VAVS Patient Programs. Please indicate if the funds can be applied to any patient program or if you wish to earmark the funds for a specific program. Thank you.

## **MATERIAL – IN-KIND DONATIONS**

### **Clothing**

Can only accept new undergarments and socks. All clothing, shoes and hats must be cleaned and in good condition. Clothing donations may be delivered to the Building 90 Mental Health, Homeless Program. Your donations will be acknowledged with a thank you letter to the donor.

### **Comfort Items- \$350/Mo**

Lotion	Non-skid slipper socks	Prepaid Phone Cards
Shaving Cream	Lap Robes (3x5 or 5x7)	Shampoo
Deodorant	Denture Cleaner	Lip Balm
Toothbrushes	Denture Grip	Coffee supplies
Socks (white)	Talcum Powder	Nail Clippers
Toothpaste	Hand and body lotion	Backpacks
Disposable Razors	Comb/Brushes	Shawls
Shaving Cream/small	Knitted Caps	Stamps
Tote Bags	Shower Shoes	
Pocket Size Needle and Thread Kit	Heart pillows for cardiac patients	
Writing Paper and Envelopes		
Twin Size quilts for the Community Living Center		
Acute care patient activity aprons (patterns available from volunteer office)		

### **Recreation**

Puzzle Books	Tickets for entertainment & sporting events
Books (novels)	Sports equipment (basketball, tennis rackets &
Pencils	Balls, badminton set, Frisbees, football)
Magazine subscriptions (SAVAHCS does not accept used magazines)	

## **HOW TO MAKE A MATERIAL DONATION**

Before donating clothing please contact the Building 90 Clothing Room staff at 629-1839. All clothing donations should be delivered to the Building 90, Mental Health, Homeless Program, Monday – Friday, 9:00a.m. To 3:00p.m.

For “all other” material donations please contact the Voluntary Service Office staff to discuss your donation. All other material donations can be delivered to the Volunteer Office, in Building 4, Room 107, Monday – Friday 8:30 a.m. To 4:00 p.m. Your donations will be acknowledged with a thank you letter to the donor.

Thank you for your support of our Nation’s Veterans. “Putting Veterans First”  
Southern Arizona VA Health Care System  
Voluntary Service (9-135)  
3601 South 6<sup>th</sup> Ave.  
Tucson, Arizona 85723